

# Longitudinal Study of Mental Health Services at Summerville FHT



In Collaboration with Trillium Health Centre

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## Why Primary Care Psychology?

### Why Mental Health:

- 25-30% of PHP visits include mental health issue
- 3<sup>rd</sup> most common reason for visit to PHP
- Less than 1/3 of those with diagnosable MH condition ever meet with a mental health professional
- Psycho-social bases of acute conditions, repeated physician visits, and chronic disease

### Why Psychology:

- Most specialized mental health care provider
- Regulated Health Profession, governed by the College of Psychologists of Ontario
- High standards of ethics in professional practice
- Consultation with family, school, hospital, child protective services, OCL, etc.
- Collaborate with existing mental health care clinicians
- Able to lead mental health programming
- Services are in demand! (85% in private practice at \$200/hour...most Ontarians cannot access; school and hospital based psychologists overwhelmed)
- Specialized training in a wide range of areas
- Consult and learn/expand areas of knowledge as needed

## Summerville FHT MH Study

### Why:

- The number of FHTs in Canada has increased in recent years
- Very little research on MH services in FHT setting (Hamilton)
- Summerville FHT: Ontario's first full-time FHT psychologist

### What:

- Longitudinal (12 months) Study of Social Work and Psychology
- What are the MH services being provided?
  - Presenting problems, number of patients, type of service etc.
- How are we doing?
  - Therapeutic alliance, patient outcomes.

### Summerville Psychological Treatment Services



## Method

- Patients completed measure of functioning at each session
- Patient reported on therapeutic alliance at each session
- EMR: Demographic information and service process
- Information Collected:
  - The number of referrals received in 2011, Reasons for referral, Wait times, Services provided, Number of sessions, Outcome measure (final session)

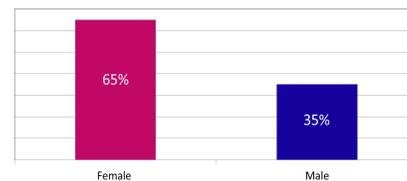
## Results

### Mental Health Referrals in 2011 by Site

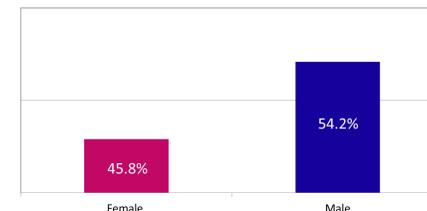
All MH	FMTU	CEN	AH	ETOB	HARB
1056	321	255	334	87	59

### Mental Health Patients at SFHT

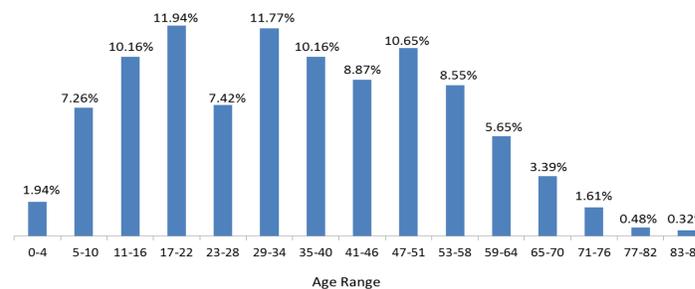
#### Gender: All MH Patients



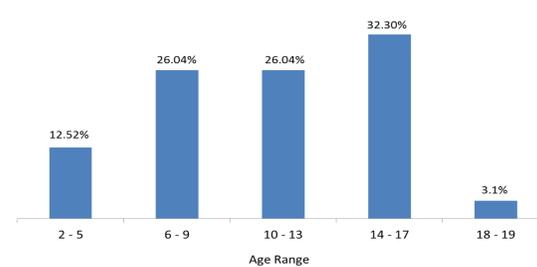
#### Gender: Child & Adolescent Psychology



#### Age: All MH Patients

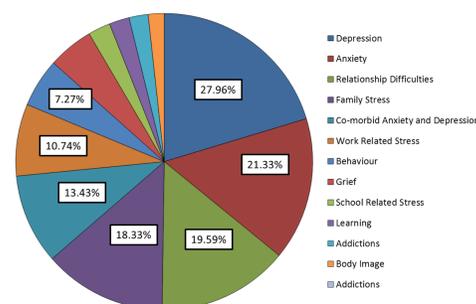


#### Age: Child & Adolescent Psychology

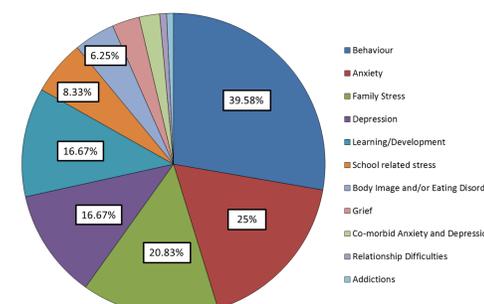


### Reasons for Referral

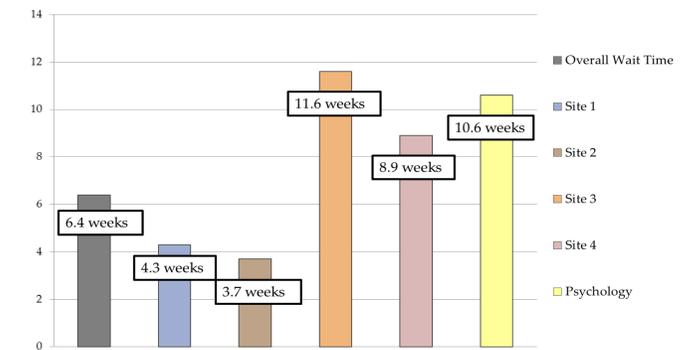
#### All Mental Health



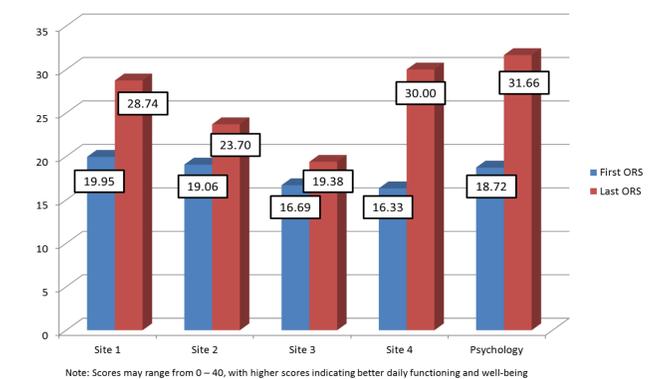
#### Child & Adolescent Psychology



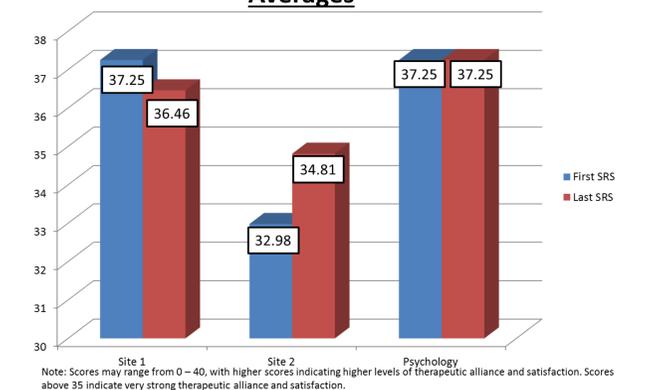
### Average Wait Time Between Referral and First Appointment (Weeks)



### Changes in Outcome Ratings: Pre and Post Treatment Averages



### Therapeutic Alliance & Patient Satisfaction: First and Last SRS Averages



## Conclusion

- Primary care FHT psychology provides:
    - Quicker access to diagnostic assessments for your patients
    - Salaried individual providing services
    - Services for broad spectrum of child & family MH issues
    - Secondary prevention & treatment programs improve health of your FHT population
  - Patient satisfaction is very high
  - Outcome measures indicate that FHT psychology is effective!
- FHTs present an opportunity for patients to access mental health services quickly while maintaining effectiveness of service and high patient satisfaction**
- **Psychologist's role in PHP:** Clinician (direct service), Diagnostician (administer psych tests, complete reports, and access tests), Scientist (evidence-based practice, evaluation of programs & services), Teacher (training & supervision)